

X-Training & Sculpt

| | | | Dates | Stu-F/S |
|-----------|--------------|-------------------|-----------------|--------------------|
| M / F | Tae Kwon Do | 11:00am | 9/11-12/8 | \$30/45 |
| M / W | Power Hour | 6:55am | 9/11-12/6 | \$85/100 |
| Monday | *Totally Abs | 6:10pm | CANCELED | \$30/45 |
| T / TH | Total Body | 12:10pm | 9/12-12/7 | \$85/100 |
| T / TH | Boot Camp | 5:10pm | 9/12-12/7 | \$85/100 |
| Wednesday | Boot Camp | 5:30pm | 9/13-12/6 | \$60/75 |

***Totally Abs is 25 minutes**

Mind / Body

| | | Time | Dates | Stu-F/S |
|------------------|------------------------|--------------------|-----------------|---------------------|
| M / W | *Yoga | 11:00am | CANCELED | \$85/100 |
| M / W | Yoga'lates | 12:10pm | 9/11-12/6 | \$85/100 |
| Monday | Mat Pilates | 12:10pm | CANCELED | \$60/75 |
| Monday | Mat Pilates | 4:00pm | 9/11-12/4 | \$60/75 |
| T / TH | *Yoga | 5:00pm | 9/12-12/7 | \$85/100 |
| Thursday | *Yoga | 6:05pm | 9/14-12/7 | \$60/75 |
| Friday | Mat Pilates | 9:00am | CANCELED | \$60/75 |
| Friday | *Barre Body | 12:10pm | 9/15-10/20 | \$30/45 |
| Sunday | *Yoga | 5:00pm | 9/10-12/10 | \$60/75 |

***Yoga classes are 55 minutes**

***Barre Body is 6 weeks**

Aerobics

| | | Time | Dates | Stu-F/S |
|-----------|--------|--------------------|-----------------|--------------------|
| Monday | Zumba | 3:00pm | CANCELED | \$60/75 |
| Monday | Zumba | 5:10pm | 9/11-12/4 | \$60/75 |
| Tuesday | Zumba | 6:10pm | 9/12-12/5 | \$60/75 |
| Wednesday | Zumba | 12:10pm | CANCELED | \$60/75 |
| Wednesday | *Zumba | 5:10pm | 9/27-12/6 | \$50/65 |
| Friday | Zumba | 1:10pm | CANCELED | \$60/75 |

***Wed Zumba @ 5:10pm is 10 weeks**

Aqua Fitness

| | | | Dates | Stu-F/S |
|---------|---------------------|---------|------------|---------|
| M / W | Shallow | 12:05pm | 9/11-12/6 | \$70/85 |
| Tuesday | *Deep | 11:35am | 9/12-10/17 | \$30/45 |
| Tuesday | *Aqua Cycle & Jumps | 11:35am | 10/24-12/5 | \$30/45 |
| Friday | *Aqua Cycle | 5:00pm | 9/15-10/20 | \$30/45 |

***Aqua Cycle, Aqua Cycle/Jumps & Deep are 6 weeks**

Adult Swim Lessons

| | | | Dates | Stu-F/S |
|---------|---------------|--------|-----------|---------|
| Tuesday | Beginner | 5:35pm | 9/12-12/5 | \$60/75 |
| Friday | *Advanced | 3:00pm | 9/15-12/8 | \$55/70 |
| Sunday | *Intermediate | 1:00pm | 9/10-12/3 | \$55/70 |

***Intermediate and Advanced is 11 weeks**

Golf

| | | | Dates | Stu-F/S |
|----------------------|---------------------|-------------------|-----------------|--------------------|
| Wednesday | Beginner | 4:15pm | CANCELED | \$60/75 |
| Wednesday | Beginner | 5:30pm | 9/13-10/18 | \$60/75 |

***Golf is a 6-week Class. Meet at the Drumlins Driving Range**

Fencing

| | | | Dates | Stu-F/S |
|-----------|---------|--------|-----------|---------|
| Wednesday | Fencing | 4:00pm | 9/13-12/6 | \$50/65 |

FREE WEEK of FITNESS CLASSES

September 3 – September 8 (no classes Sept. 4).
Includes all classes listed with the exception of fencing, swim lessons, aqua fitness (all), barre body, Wed 5:10pm zumba, golf & RAD.

Cycle

| | | Time | Dates | Stu-F/S |
|-------------------|---------------------|-------------------|-----------------|---------------------|
| M / W | Cycle 50 | 12:10pm | 9/11-12/6 | \$85/100 |
| Monday | Cycle 50 | 6:10pm | 9/11-12/4 | \$60/75 |
| T / TH | Cycle 50 | 6:55am | 9/12-12/7 | \$85/100 |
| T / TH | Cycle 50 | 4:00pm | CANCELED | \$85/100 |
| T / TH | Cycle 50 | 5:10pm | 9/12-12/7 | \$85/100 |
| Tuesday | Cycle 50 | 6:10pm | 9/12-12/5 | \$60/75 |

RAD (Self Defense for Women)

FREE

| | | | | |
|--------|--------------|-------------|----------|------|
| Friday | 4 week class | 6:30-9:30pm | 9/8-9/29 | Free |
|--------|--------------|-------------|----------|------|

*Contact Public Safety for more information: <http://publicsafety@syr.edu>

***All RAD classes take place in the Archbold Basement "Health Works"**

Move it Monday

FREE

Move it Monday is a part of the Healthy Campus Initiative. This is a program that focuses on participation in activities that promote the various components of wellness on campus at little or no cost to the user. Various fitness classes will be offered for **FREE** every Monday from 5:15pm-6:00pm in the Flanagan Exercise Room on a first-come, first-served basis. The maximum enrollment for each class will vary based on the activity. Please arrive early for each class.

You can find the listing of classes on the Recreation Services website, posted on flyers in Recreation facilities and on the Healthy Monday website.

Monday 5:15pm Free Classes (see flyer)

Free Move it Monday Classes will begin Monday, Sept 11

****ALL FITNESS CLASSES ARE 50-MINUTES, ****

UNLESS OTHERWISE STATED

Fitness Class Descriptions

Adult Swim Lessons:

- **Beginner:** participant has little or no swimming skills. American Red Cross (ARC) level 1-3.
- **Intermediate:** attended beginner class and can swim 25 yards with two strokes.
- **Advanced:** Must be able to swim 25 yards on front and 25 yards back with a flutter kick. ARC 4-6

Aqua Cycle: Spin class done in the water. Provides less stress on your joints.

Aqua Fitness: A challenging water workout with little impact on the joints, using all major muscle groups to enhance total body fitness in the aquatic environment. Water shoes are required for shallow water. Flotation belts are provided for deep water.

Barre Body A dance-inspired fitness class that is set to a mix of upbeat music and uses props like the Barre, exercise bands and hand weights to promote the development of long, lean muscles.

Boot Camp: Jump up the intensity with strength, power, cardio and flexibility. This class mixes weights, cardio and more. From beginner to advanced, this class is for everyone!

Cycle 50: As close to outdoor cycle as it gets from the inside. Participants will burn calories and have fun with instructor-driven music and drills.

Golf: Meet at the Drumlins Driving Range

- **Beginner:** Little to no experience with golf.
- **Advanced Beginner:** Must have taken beginner class or had some form of lessons.

Mat Pilates: Mat-based strength, flexibility, and total body conditioning. Works core stability and elongating the muscles.

Power Hour: A simple, highly effective variable weight program designed to increase strength, shape and function of all muscle groups. Uses barbells, dumbbells and more!

Tae Kwon Do: Promotes strength and coordination of the whole body as well as aerobic fitness and flexibility.

Total Body: A great workout for all fitness levels! This class incorporates creative cardio, strength and stretching. **Weights**, equipment, body weight, circuits and plyometrics will keep the sweat pouring.

Yoga: This class will include classical yoga postures, warm ups, breathing techniques, and relaxation methods.

Yogalates: Merges the ancient practice of Yoga from the east with the core stabilizing, posture enhancing dynamics of Pilates from the west. Will include exercises and poses (asana) to cultivate strength, stamina, stability and flexibility with particular attention paid to building tone in the deeper postural "core" muscles. These protect the spine against injury, support the internal organs and foster pelvic and spinal awareness to promote good posture.

Zumba: Dance fitness program. A total workout combining cardio, balance, flexibility and muscle conditioning.

Payment

Registration and credit card payments can be made online at:

<http://recreationservices.syr.edu/recstore/>

The online registration will enable you to:

- › View a list of and descriptions of both open and closed fitness classes;
- › Enroll for a fitness class and securely pay with your credit card;
- › Receive an e-mail receipt to bring on the first day of class (no office visit required!).

If you are paying by CHECK, please go to the main office at 241 Archbold Gym. Do this ASAP as your spot is not guaranteed until payment is received.

We NO longer accept CASH.

There will be a \$20 charge on all returned checks.

Registration

Registration is ongoing throughout the semester. However, initial registration payment needs to be submitted by September 11. If you do not pay by the deadline, you will be dropped from the class. If you would like to register after September 10, you must go to the Recreation Services Office (241 Archbold Gym) to do so, as online registration will be closed.

There is a 12-person minimum on all classes; classes below the minimum will NOT be held.

Class price rates

Stu = Students

F/S = Faculty/Staff/Spouses/Alumni

Dropping a Class

The **LAST** day to drop a class will be

Friday, September 15, by 5pm.

Before this deadline, you will receive a full refund minus a \$5 surcharge. **AFTER** this deadline you will not receive a refund.

FALL 2017 Fitness Classes

Online Registration

Begins Tuesday, September 5 at 9:00 a.m.

<http://recreationservices.syr.edu>

